

Shoreline

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In This Issue:

- **Installation Spotlight: Naval Base Guam**
- **Navy Lodging Program**
- **Building Energy Monitors**
- **Heat Safety**
- **DON Civilian Employee Assistance Program**
- **Social Security Administration**
- **Ready Navy**
- **Advancement**
- **96 Years of Support**
- **Navy Gold Star**

CNIC

★ FLEET ★ FIGHTER ★ FAMILY

Team CNIC,

Just as the summer is full of activities, so is this edition of Shoreline. Let me touch on the highlights here.

This month's installation spotlight is on Naval Base Guam, located on the South Pacific island of Guam, and part of Joint Region Marianas. Approximately 6,300 active duty Navy members and 6,900 family members live on Guam as well as a significant population of Air Force, Marine and retired military personnel.

The strategic significance of Guam is matched only by its rich history and role in our Navy's heritage. Naval Base Guam has played a major role in multiple wars, and as we execute the rebalance to the Asia-Pacific region it will again be a major supporter of the warfighter.

I'm pleased to welcome Rear Adm. Babette Bolivar as the Commander of Joint Region Marianas. She did great things as Commander, Navy Region Northwest and will build on the successes of her predecessor in Guam, Rear. Adm. Tilghman Payne. We bid a fond farewell and Fair Winds and Following Seas to Admiral Payne as he retires and transitions from the Navy.

During the summer, whether official travel takes you to some far-flung location in our Navy or right here on the east coast of CONUS, you'll want to have read the Shoreline article regarding official travel, Navy Gateway Inns and Suites and new requirements that you need to be aware of.

This is the time of year when we tend to crank up the air conditioning and we use a LOT of energy. Energy, and energy efficiency, is not only my concern or the CO's concern – it needs to be YOUR concern. On our installations, new building energy monitors help manage our energy use during this peak period, and you can read how in this month's Shoreline.

Although the weather in Washington, D.C. has been unseasonably cool and comfortable, August around the CNIC enterprise is usually hot and humid. Be mindful of heat exhaustion and other heat related events – you'll find an article that explains how to protect yourself and your family from the heat during this rough stretch of summer.



Vice Adm. Bill French

I'm pleased to note that this month, CNIC launched the DON Civilian Employee Assistance Program (CEAP). CEAP provides help for civilians looking for answers to questions related to health, home life, finances, personal habits, or job. Most questions can be answered and problems solved (or at least minimized) if assistance is sought right away. The CEAP is staffed by professional counselors who will help you address problems that can adversely affect job performance, reliability, and personal health. Shoreline explains how the program works.

I want to thank each of you for the all the hard work and dedication you give CNIC every day. Enjoy this last bit of summer and stay safe!

Respectfully,
Vice Adm. Bill French

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Commander: Vice Adm. William D. French

Public Affairs Officer: Cmdr. Wendy Snyder

Editor: Ed Wright

Associate Editors: Dave Lee

MC1(SW/AW) John Belanger

From the Force

Team,

I can see all the signs coming ... pre-season football games, pictures of kids on Facebook going back to school and college, and all the advertisements in the newspaper for back-to-school specials! It makes me think about EDUCATION and opportunities to excel, both personally and professionally.

Hopefully you've already had a chance to see the Summer 2014 CNIC Workforce Development Newsletter. It is loaded with great resources for your career, as well as opportunities to explore education prospects. Did you know that the Office of Personnel Management (OPM) and the University of Maryland University College (UMUC) offers 25 percent discount on out-of-state tuition rates on courses, certificates and degrees to Federal Employees, spouses, and legal dependents? Or that HR University (<http://hru.gov>) offers free courses that are focused on the HR community and towards accreditation? You have to check this newsletter out at: [https://g2.cnice.navy.mil/solutions/ewd/Newsletters/No.35%20Workforce%20Development%20Newsletter%20\(v2\).pdf](https://g2.cnice.navy.mil/solutions/ewd/Newsletters/No.35%20Workforce%20Development%20Newsletter%20(v2).pdf) I promise there is something for everyone (civilian and military)!

This is also the time of year that we (military/civilian) are required to complete mandatory Navy/DoD training. While not a comprehensive list of mandatory training, hopefully you've completed Information Assurance (completed by 30 June), Personally Identifiable Information (PII) (August 31), and Combating Trafficking in Persons (CTIP) General Awareness (30 Sept). You can access your training requirements via TWMS or NKO.

A final area on my mind this month is personal safety. Have you taken time to prepare you and your family for a natural disaster? Hurricane/Tropical Storm season extends beyond the summer months - as a matter of fact, it's been pretty active in the Pacific and we've seen a few in the Atlantic. It's never too late to make a plan, build an emergency kit, and prepare your family. Visit <http://www.ready.navy.mil/> to see how you can be prepared. The same would apply for off-duty recreational vehicles. The summer months encourage more two and four-wheel (ATV) activity. Make sure you have the proper Personal Protective Equipment (PPE), training courses, and are applying Operational Risk Management decision making in your off-duty time. Be safe in your endeavors!

I'll be out there visiting installations for the next month; I hope it includes meeting you along the way!

Very respectfully,

FORCM(SW/AW) Nancy Hollingsworth



FORCM(SW/AW)
Nancy Hollingsworth



HR University allows for easy navigation and a user friendly experience. There are four main sections to the site: (1) Training Opportunities, (2) Career Development, (3) Resource Center, and (4) Manager's Corner. Although the site is centered to the HR community, there are variety of other training and courses that are common to other communities. A lot of the courses being offered are also free and can be completed online. If your educational interest leans toward accreditation, HRU features related training and courses from identified educational institutions recognized by regional and national accrediting agencies.

Naval Base Guam

WELCOME TO GUAM! The island of Guam is located approximately 3,300 miles West of Hawaii, and 1,500 miles east of the Philippines and south of Japan. Guam is a territory of the United States and its residents are US citizens. The island is about 36 miles long, 6-12 miles wide and in many ways Guam is an all American community. But its multi-cultural ethnic mix offers a microcosm of the world. Guam's own rich Chamorro culture and heritage draws visitors from Japan, other Asian countries and Europe.

Naval Base Guam is no longer an independent military facility, but part of Joint Region Marianas, a larger military installation that also includes Andersen Air Force Base. The merge between the two bases was complete on October 1, 2010. It was the result of the 2005 Base Realignment and Closure commission, which created twelve similar installations. The base is operated by the United States Navy, under the command of Capt. Andy Anderson.

The strategic location and geographic appearance make Naval Base Guam an excellent facility in the Pacific area, therefore its primary mission is to support the actions taken in this area. Other than that, the United States Navy actions are also among the priorities. Its mission also covers the military personnel and the civilian workers and families on site. Being far from home may be emotionally disturbing, therefore the authorities try to create a friendly and warm atmosphere to make the inhabitants feel at home.

The vision implies providing high quality services and standing up to the expectations. In order to get there, the base has some interesting principles it is guided by. The internal code of honor is followed by everyone, while the positive attitude towards the community keeps people in a good mood. It is said that a sailor will never be happy if his family is not happy, so this is when the facilities and atmosphere become important again.

Guam has been under different occupations over the years. The official Liberation Day came on July, 21-st, 1944. The Americans stepped in and spent three weeks trying to get the island. More than 1,500 American troops were lost in the fights, while the local population also lost about 1,000 lives. The damage on the Japanese side was almost total. The entire local army counting around 18,000 troops was slaughtered. Some US Navy troops showed up with a building squadron to prepare the area for a new military base. In the autumn of the same year, Naval Base Guam was established. At that time, it was the largest facility in the Pacific area. The Seabees joined the site too, in an attempt to clear the place and make it livable.

Over the years, Naval Base Guam played a major role during the Korean War and the Vietnam War too. These days, the base is one of the major facilities run by the United States of America abroad. It hosts more than 6,000 military troops, almost 7,000 civilian families and even more retired troops.

Mission Statement:

To support the forces of the US Pacific Fleet, the warfighters based on Naval Base Guam, the warfighters serviced and supplied by Naval Base Guam, the commands which provide support to the warfighters and the families of those stationed at Naval Base Guam.

Installations:	Naval Station Guam
Headquarters:	Joint Region Marianas
Commander	Captain Alfred "Andy" Anderson
Executive Of- ficer	Commander David Ellis
CMC	Command Master Chief Johannes J. Gonzalez

Navy Gateway Inns & Suites and Fisher House Programs Transform Lodging Accreditation Processes

By CNIC Navy Lodging Program

The Navy Lodging Accreditation Program focuses on the importance of achieving Department of Defense Lodging Standards and Department of the Navy Lodging Standards. The accreditation program ensures consistent superior management in all functional areas at every Navy Gateway Inns & Suites and Navy and Marine Corps Fisher House lodging operation. Performance is measured against operational and program standards.

Until FY 2014, the CNIC Navy Lodging Accreditation Program annually reviewed and classified lodging operations with 3, 4 and 5 Star accreditation awards as well as the Admiral Elmo R. Zumwalt Award for Excellence.

To continue to achieve excellence in lodging services and further enhance guest services, the accreditation standards and review processes have been redesigned.

The redesigned accreditation reviews will begin January 2015. All installations will be reviewed within a 36 month cycle and all reviews will be unannounced. Accreditations will be valid until the next accreditation review and the timeline for each accreditation visit is determined by the size of the lodging operation.

The new accreditation program identifies two award categories: Commander, Navy Installations Command Navy Lodging Accreditation for operations that meet Department of Defense Lodging Standards and Department of the Navy Lodging Standards; and the “The Admiral Elmo R. Zumwalt Award for Excellence in Lodging Management” for operations that exceed standards in customer service, financial management, operations, facilities and the overall Navy lodging service.

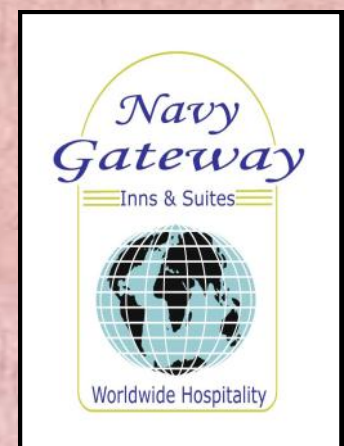
Policy Directs Official Military Travelers to Naval Station Newport Navy Gateway Inn & Suites for Lodging Accommodations

In accordance with the Joint Federal Travel Regulations and DoD Instruction 1015.11, NAVSTANPTINST 11104 Lodging Policy, signed July 9, 2014, directs that military personnel traveling on official temporary duty orders to Naval Station Newport, RI are required to contact Navy Gateway Inns & Suites (NGIS) for their lodging accommodations or to obtain a Certificate of Non- Availability (CNA) when on-base lodging is unavailable.

Authorizing Officials may direct all members in uniform to stay at NGIS when traveling on orders to Naval Station Newport (NSN). For reservations, travelers must call NGIS central reservations. NGIS will assign guests to NGIS, Newport Chalet or contact Navy Lodge to arrange accommodations. If on-base lodging is unavailable, NGIS will issue a CNA. If applicable, a CNA may be issued no earlier than 45 days in advance of travel, generally closer to arrival.

All tenant commands and schools shall ensure that personnel attending training at NSN are aware of this requirement prior to their arrival and shall make this a part of initial indoctrination for classes.

Call 1-877-NAVY-BED for all of your official travel needs or visit www.dodlodging.net
For additional policy information, please contact Eric Gaines at eric.gaines@navy.mil



Building Energy Monitors Look to Reduce Waste During Summer

By Shawn Miller NDW Public Affairs

As summer heats up and air conditioners and building systems start working overtime, Building Energy Monitors (BEMs) are keeping a close watch on energy usage to mitigate waste and save money across Naval District Washington (NDW).

Assigned in writing by installation commanding officers, BEMs play a central role to the NDW energy program by monitoring every building across all NDW installations while communicating energy goals, encouraging positive habits, serving as points of contact, and ensuring buildings are running efficiently.

"The Building Energy Monitor is essentially our eyes and ears for the energy program," said NDW Energy Program Director Lt. Cmdr. Keith Benson. "We've empowered the BEMs to create a strong energy culture to focus on reducing energy intensity and water intensity."

BEMs help coordinate repairs and maintenance, have the ability to monitor building consumption through advanced meters and identify potential energy projects for further development.

According to the Navy and Marine Corps BEM Guide, utilities account for an average of 40 percent of shore operating budgets each year, with office electronic equipment, lighting and HVAC equipment soaking up much of the power used.

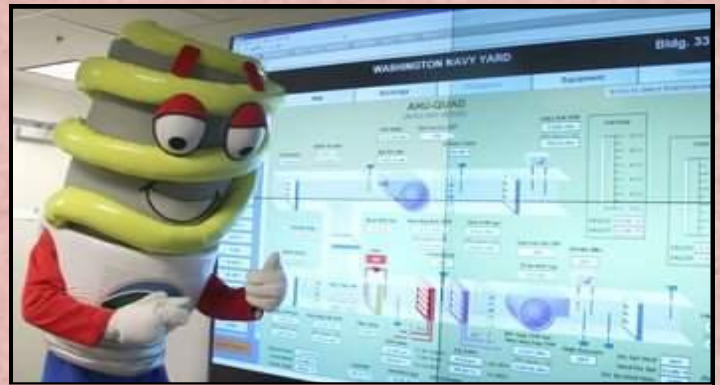
The guide notes small fixes such as installing occupancy sensors, replacing incandescent bulbs with compact fluorescent or LED bulbs, and reducing plug loads on electrical outlets as ways to save power and money. Personnel are encouraged to shut down computers and other office equipment during nights and weekends, as simply putting computers into sleep mode still draws power.

With temperatures across the region breaking into the 90s recently, HVAC systems' controls and set points during the workday become important in managing output. In June 2013, Commander, Navy Installations Command (CNIC) issued an order to reduce utilities consumption ashore by setting building thermostats to 78 degrees in the summer.

During an Energy Management Board conducted by Naval Facilities Engineering Command (NAVFAC) Washington July 15, energy leadership focused on retro-commissioning efforts already completed, work in progress and the way forward. Accomplishments include the implementation of night setbacks, adjusting thermostat set points to policy, hundreds of service calls processed to include safety hazards, and 4,760,044 kilowatt hours of annual energy savings identified.

BEMs are encouraged to regularly check in with building occupants and note any problems that may arise if those thermostat temperatures rise beyond set points, causing inefficiency or discomfort for those working within the building. Furthermore, the Facility Engineering Operations Center (FEOC) now has the ability to monitor some buildings at the Washington Navy Yard, providing an alarm when temperatures are out of specification.

"In accordance with Naval District Washington's energy policy statement, a judicious use of energy resources must be the daily drumbeat and priority for all hands at all times," Benson said.



The Navy energy mascot, BRITE, shows the building controls in the Sore Operations Center (ShOC) during a visit to the Washington Navy Yard, July 9 to build energy awareness. Operators and analysts at the ShOC maintain command and control of energy usage at the base through a secure network, allowing for more efficient power usage to enable mission readiness and lower operating cost.

U.S. Navy photo by Chatney Auger

Strong leadership is important to promoting a sustainable energy culture, said Benson, who encouraged personnel and commanders at all levels to support energy as a holistic program.

"It's a team approach across each installation throughout Naval District Washington to reduce energy intensity, water intensity and transportation fuel consumption," he added. "The BEMs are the deckplate leaders in that whole process. The efforts we put forth through our energy program are directly contributing to improving readiness and mission support through efficient use of energy."

For more news and information from across NDW, visit www.cnic.navy.mil/regions/ndw.

Safety Tips for Exercising in Hot Weather

Submitted by Chief of Naval Personnel Public Affairs

Exercising outside during the height of summer heat can be hot and sticky, not to mention potentially dangerous. If you have been consistently exercising outside throughout the year, then the transition should be easier when hot weather arrives.

However, if you have not been spending time outdoors, make sure you build up your tolerance to the heat. Start with a 10-minute workout and add five to 10 minutes each week. Try to avoid direct sunlight and work out in the shade. It is also best to work out early in the morning before the day heats up or after the sun has gone down and it is cooler.

Another good tip is to work out with a partner so that you can monitor each other for heat-related injuries, such as heat stroke. It is also recommended to work out a few days indoors or in a pool to provide your body a break from exercising in the heat.

Increase your water intake during the summer and while exercising in the heat.

Recommendations for water intake:

- Two hours prior to a workout, drink 16-24 fluid ounces.
- For every 30 minutes or as needed, drink 9-16 fluid ounces.
- If you are exercising outside for more than an hour, a sports drink with 30-60g carbohydrates is helpful.
- After a workout, drink 16-24 fluid ounces for each pound lost during exercise.



If you get dizzy or lightheaded, stop working out immediately, move into the shade or into an air-conditioned room and drink plenty of water. Take care of yourself when exercising in the heat!

Take Precautions in Extreme Heat

Submitted by Amber Kerr, CNIC Family Emergency Response Program Analyst

For many, the month of August represents the end of summer and the beginning of a new school year. Families are making their last visits to the beach and people are reveling in the long daylight hours.

August, however, is also a month that can have notoriously high temperatures. If you live in an area that is affected by extreme heat, it is important for you to take the appropriate steps to protect yourself and your family from potential heat-related dangers.

Take the proper steps to ensure you are ready for extreme heat. Be prepared.

Here are a few things that you can do to prepare:

- Be informed and know heat terminology.
- Stay updated on local weather so you can plan outside activities accordingly.
- Stay in air-conditioned buildings as much as possible. If you do not have air-conditioning at home, make sure you have something to circulate air to help prevent stagnant conditions.
- Avoid direct sunlight.
- Wear loose-fitting, lightweight and light-colored clothing.
- Drink more water than usual. Do not wait until you are thirsty to drink more fluids.
- Avoid alcohol and foods/liquids that contain high amounts of sugar or salt.
- Learn the symptoms of heat-related illness.



DON Civilian Employee Assistance Program

Department of the Navy employees are busy juggling work and family and it is not unusual to encounter difficulties with stress, family, relationships, alcohol, work, or other issues which impact their quality of life. The Department of the Navy values its employees and has partnered with the Department of Health and Human Services Federal Occupational Health (FOH) to provide a new centralized employee assistance and work/life program for employees and their families. The Department of the Navy Civilian Employee Assistance Program (DONCEAP) provides a wide range of services to employees and their families.

Employees can access services 24/7 through the web (<http://DONCEAP.foh.hhs.gov>) or by phone. A professionally staffed call center (1-844-DONCEAP) can provide answers to questions, research information, link employees to a wide variety of qualified local services and provide licensed confidential support to help with difficult issues.

CEAP Services Offered

- Access to licensed counselors who provide in-person, short-term counseling for a wide range of concerns to include relationships, legal, financial, family, substance abuse, depression, parenting, and more
- Assistance with a wide range of concerns to include short-term problem solving, management coaching or crisis management
- Help when there is an incident or crisis that affects the workplace – psychological first aide, grief groups, consultation and education
 - ◊ Access to work/life specialists who provide information, resources and referral to:
 - ◊ Childcare (daycare, preschools, etc.)
 - ◊ Eldercare (assisted living, in-home care, etc.)
 - ◊ Daily Life (relocation, event planning, etc.)
 - ◊ Family (adoption, prenatal, etc.)
 - ◊ Legal and financial (credit and debt, tax tips, etc.)
 - ◊ Child care (nursery–graduate school, etc.)
- Comprehensive information and resources 24/7 via the web
- Library of resources including health and wellness articles, presentations, webinars and podcasts



Important Information: Changes In Certain Services

To meet the increasing demands for our service, we need to make changes to how we provide some services to our customers. To protect the integrity of the Social Security number and prevent fraud, we will discontinue providing Social Security number printouts effective August 1, 2014. If you need proof of your Social Security number and you do not have your Social Security card, you will need to request a replacement Social Security card by completing the Application for a Social Security Card (Form SS-5) and providing the required documentation.

Also, in January 2013, we made benefit verifications available online. Now you can save a trip to a field office by getting an instant letter online with a personal my Social Security account, or you may continue to call us toll-free to request a letter by mail.

See steps below for requesting a replacement Social Security card or obtaining your benefit verification letter. We also encourage you to visit www.socialsecurity.gov to learn about the many convenient online services available to you.

How to get Replacement Social Security Cards



Your Social Security card is your legal proof of your Social Security number. If you need proof of your number, and you can't find your card, you will need a replacement card. To get a replacement card, you must complete an Application for a Social Security Card (Form SS-5), which you can find online at www.socialsecurity.gov/ssnumber. You also will need documents proving your identity, age and citizenship or lawful immigration status.

In most cases, you can take, or mail, your completed application and original documents to any Social Security office. Go to www.socialsecurity.gov/locator to find the Social Security office or Social Security Card Center that serves your area. After processing, we will return your documents to you.

How to get Benefit Verification Letters

If you need proof of your Social Security or Supplemental Security Income benefits, you can get a benefit verification letter online instantly through a **mySocialSecurity** account. To create an account, visit www.socialsecurity.gov/myaccount. With **mySocialSecurity**, you can easily view, print or save an official letter that includes proof of your:

- Benefit amount and type;
- Medicare start date and withholding amount (if applicable); and
- Age.

If you are unable to go online, you can call our toll-free number, 1-800-772-1213 (TTY 1-800-325-0778) to request your letter be mailed to you. You also can use your annual cost-of-living adjustment notice or SSA Form 1099 as proof of income from Social Security.



For More Information

A wealth of information and online service options are available on our website at www.socialsecurity.gov. Or you can call our toll-free number, 1-800-772-1213 (TTY 1-800-325-0778), and ask for helpful publications, such as:

- How To Create An Online Account (Publication No. 05-10540);
- Your Social Security Number And Card (Publication No. 05-10002); and
- What You Can Do Online (Publication No. 05-10121).



Preparedness Empowers You!

It saves lives, property, and time.

Emergencies happen, often with little or no notice. By taking action beforehand you can be prepared for any emergency.

Be Ready Navy. I am. Are you?



EMERGENCIES HAPPEN!

Disasters affect hundreds of thousands of people every year, some with little to no advance warning. It may happen at your local Navy installation. It may happen to you. While the Navy, emergency management, and first responders are committed to helping those in need; assistance may be delayed during a disaster. As part of the Navy community, you have a role in planning for emergencies -- Be/Stay informed. Make a plan. Build a kit.

STAY INFORMED

Staying informed throughout the cycle of an emergency incident enhances your ability to know what to do, when to act, and when it is safe to return. It also prepares you to take care of yourself and others.

Look to the following resources and critical processes to help you prepare and stay informed for any hazard:

- The Wide Area Alert Network (WAAN)
- General resources including the Internet, television, radio, and social media
- Government websites such as Ready.gov, FEMA.gov, NOAA.gov, and CDC.gov



For more information, please call (202) 433-9348/DSN 288-9348 or email readynavy@navy.mil.

NFAAS | NAVY FAMILY ACCOUNTABILITY and ASSESSMENT SYSTEM

Navy Family Accountability and Assessment System (NFAAS)

Standardizes a method for the Navy to account, manage, and monitor the recovery process for personnel and their families affected and/or scattered by a wide-spread catastrophic event. The NFAAS provides valuable information to all levels of the Navy chain of command, allowing commanders to make strategic decisions which facilitate a return to stability.

*5 Changes You Need to Know About**New Rules for Advancement**By Mass Communication Specialist 1st Class Elliott Fabrizio, Chief of Naval Personnel Public Affairs*

The Navy announced significant changes to the current advancement policy, including a new formula for the Final Multiple Score (FMS) that will be in effect for the next advancement cycle in fall 2014.

In sum, the FMS changes increase the weight on areas where Sailors demonstrate superior performance and technical knowledge and decrease the value of longevity-based factors such as Service In Pay Grade (SIPG).

Master Chief Petty Officer of the Navy (MCPON) Mike Stevens and Fleet Master Chief for Manpower Personnel Training and Education (MPT&E) April Beldo sat down to discuss why these changes were made and how they will impact Sailors.

These are the five things you need to know:

Change #1: In the new FMS for E4 and E5 the value of your standard score (advancement exam) becomes the largest factor considered for advancement. For E6 and E7, performance mark average becomes the largest factor in determining Sailors' FMS.

Click [HERE](#) to see the NEW Final Multiple Score breakdown.

These changes mean performance will be measured differently for junior and senior pay grades to target advancement consideration on the qualities expected at those levels.

"Our junior Sailors are out there doing the job they've been trained for, and leadership's expectation of them is that they know their occupational skill, and we measure that with the standard test," said Beldo.

"As they rise to the rank of E6 and E7, we look for them to step into more leadership and management roles, which are reflected in evaluations, so now we're looking more at the performance mark average at those levels," she continued.



Change #2: No award points for Good Conduct Medals or Reserve Meritorious Service Medal.

If your initial reaction is "Nooo! They're taking my points!" remember that nobody will receive points for these awards, so this essentially just removes a common denominator.

"The large, and I repeat, large majority of our Sailors are working hard and staying out of trouble, so across the Fleet, we're seeing that the majority of our Sailors receive this award, and so to give a point for it was a zero sum," said Stevens. "They weren't gaining anything by it."

Removing the Good Conduct Medal's point value opens up more space for Sailors to set them apart from their peers in the award points category.

For example, award points cap out at 12 when going up for E6, so consider two Sailors—one has four Navy Achievement Medals (NAM)s and three Good Conduct Medals, and the other has three NAMs and three Good Conduct Medals. Previously, they'd both be equally maxed at 12 in the award points category. Now, the first Sailor will have eight points to the other Sailor's six.

Change #3: PNA (Pass Not Advanced) points are only awarded to the top 25 percent of Sailors not advanced.

"Putting this 25 percent window in place will motivate Sailors to apply themselves and study really hard for the exam," said Stevens. "It's not just about passing the exam. It's about passing the exam with flying colors."

The smaller window for PNA points allows Sailors who are not advanced, but who studied hard for advancement, to begin setting themselves apart in the PNA category from Sailors who put less effort into studying.

Under this new policy, 1.5 PNA points go to the top 25 percent of Sailors by test and 1.5 to the top 25 percent by performance mark average. Total PNA points are determined from a Sailor's last five advancement cycles, capping at a maximum of 15 possible points.

Sailors will keep PNA points they have already earned prior to the release of the policy change.



Change #4: Service In Pay Grade has been reduced to a factor of only one percent of the final multiple score.

With the weight of SIPG set to only one percent of the overall FMS, gone are days of going into your first advancement cycle at a significant disadvantage to those who have been around longer.

Beldo added that if all other things are equal, this 1 percent remains to serve as a tiebreaker and give the senior Sailor the nod for advancement.



Change #5: Changes to the Command Advancement Program (CAP) will require commands to select Sailors prior to the normal advancement cycle.

The exact window for commanding officers to select Sailors for CAP will be July 1 to Sept. 30, with the new policy going into effect for FY2015. Commands must use their calendar year 2014 CAPs from the current policy by Sept. 30th, 2014.

"The Command Advancement Program is unchanged in this respect: it is still designed to give commanding officers the opportunity to meritoriously promote their best performers," said Stevens.

Commonly, commands have chosen Sailors for CAP immediately after the results of the fall and spring advancement cycles.

"CAP is not tied to the test," said Beldo. "It's tied to our best performers. This gives commanding officers the opportunity to observe their Sailors all year long and select their best performer to CAP."

The Navy establishes advancement quotas to promote the exact number of Sailors it needs in a particular rate, and capping Sailors after those quotas are set can disrupt manning levels for the rate and may negatively impact future advancements.

"We used to take the exam and then, more often than not, we would then CAP a Sailor after the exam," said Stevens. "So what we were doing, unintentionally, was overpopulating rates. So the next time, when we would build the Navy-wide advancement exam, we may already be above 100 percent, so there are no opportunities to promote anybody in that rate on the Navy-wide exam."

"By capping first and then building the Navy-wide advancement exam quotas, we prevent that from happening and it allows us to maintain a stable rating health," said Stevens.

All of these changes are the result of feedback from the fleet and careful research to find the best way to advance our best Sailors, added Beldo.

Naval Weapons Station Yorktown Celebrates 96 Years of Ordnance Support to the Fleet

By Mark O. Piggott, Naval Weapons Station Yorktown Public Affairs

YORKTOWN, Va. (NNS) -- Naval Weapons Station (WPNSTA) Yorktown celebrated 96 years of service to the fleet, providing ordnance and technical support to the U.S. Navy, Aug. 7.

Since 1918, when President Woodrow Wilson signed a presidential proclamation establishing the Navy Mine Depot at Yorktown, the installation has been the hallmark of excellence for ordnance handling operations. More than 90,000 tons of ordnance is moved annually on and off U.S. Navy ships, U.S. Coast Guard ships and ships of U.S. allies.

Given the country's ordnance needs once the U.S. entered World War I, the initial mission of the depot was to support the Allied underwater mine barrage in the North Sea. However, when the Armistice was signed Nov. 11, 1918, the station's mission quickly evolved to receipt and storage of returned mines and provision of ordnance support for the peacetime Navy. Today, WPNSTA Yorktown and its tenant commands continue to provide critical fleet ordnance support for the Navy.

"Naval Weapons Station Yorktown and its predecessor, Navy Mine Depot Yorktown, have a rich and storied history on the peninsula," said Capt. Paul Haebler, commanding officer, WPNSTA Yorktown. "The work we do here today, from ordnance handling to expeditionary combat training, carries on that tradition and will continue to do so for the next 96 years and beyond."

For construction of the Navy Mine Depot, about 13,000 acres, which straddled York, Warwick, James City Counties and bordered the York River, were appropriated. At the time of the Proclamation, the Navy Mine Depot was the largest naval activity in the world.



Aerial photo of Naval Weapons Station Yorktown

Originally home to Native Americans of the Kiskiak tribe, part of the Powhatan nation, the acquired property had subsequently provided homes to colonists, farmers and watermen of the area. To this day, much of the land on WPNSTA Yorktown is forest and wetlands, which provides ample protected locations for ordnance operations.

Initial construction of the Naval Mine Depot included 15 storage magazines for mines, depth charges and other explosives, an explosives loading plant, a public works building, a power plant, barracks, mess hall, other administrative buildings, a railroad connection to the C&O Railroad, a telephone system and a pier for \$3 million.

"A pier construction bid was opened on March 17, 1919, and was awarded by March 20, 1919, for a pier that was to be completed within one-hundred-twenty days," said Leo Forrest, a retired civilian employee and WPNSTA Yorktown historian. "The pier was a high priority item due to the numerous complaints from the ships that were bringing war materials to Yorktown."

"The ships had to anchor in the York River and the underwater mines and other material would have to be moved onto barges that would be brought up to an old dock and off loaded, all by hand," he added. "It wasn't easy work, by no means."

The original wooden pier was badly damaged by a hurricane in 1933 and a fire in 1954. In 1962, a modern concrete pier was built. Subsequent improvements to this pier have made it one of the Navy's outstanding ammunition terminals.

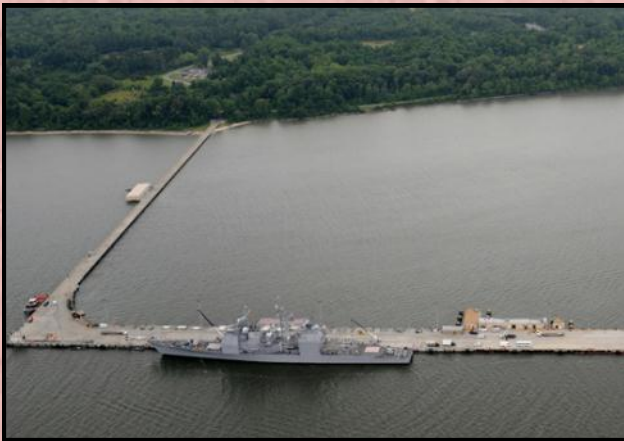
Originally, a compliment of U.S. Marines were stationed at the Navy Mine Depot to provide base security. Due to the immense size of the installation, the Marines patrolled the perimeter on horseback. The horses were eventually replaced by motor vehicles in 1960, making WPNSTA Yorktown the last naval activity to use horse-mounted Marines.

During much of its history, WPNSTA Yorktown hosted various tenant commands in support of their mission. One of the more unique was Aviation Field Yorktown. In July 1919, an aviation training camp was established. Its landing field, located in the area adjacent to the Colonial Parkway and Felgate's Creek, was considered one of the best landing fields in the country at the time.

"Following the first World War, an aviation training school was established there to provide the first advanced aviation training for naval pilots in bombing, torpedo and gunnery operations," Forrest explained.



Destroyer USS Ross (DDG 71) slack lines prior to departing Naval Weapons Station Yorktown.



Disestablishment ceremony at Naval Weapons Station Yorktown.

On May 8, 1925, the first overland commercial flight from New York City to Hampton Roads landed at Aviation Field Yorktown. The field also played a part in the first aircraft launch/recovery operations from sea conducted by USS Langley (CV 1) in 1922.

Today, WPNSTA Yorktown hosts 37 tenant commands and activities which include Navy Munitions Command (NMC), NMC CONUS East Division, NMC Detachment Yorktown, Naval Ophthalmic Support and Training Activity, the Marine Corps Security Force Regiment, Fleet Industrial Supply Center Detachment, Navy Expeditionary Logistics Support Group, Naval Expeditionary Medical Support Command, Navy Cargo Handling Battalion 1 and various other departments.

In 1932, the Navy Mine Depot became the Naval Mine Depot in recognition of expanded ordnance support. Then, on Aug. 7, 1958, on the station's 40th anniversary, the name was changed to Naval Weapons Station Yorktown, again in recognition of a much expanded mission for naval ordnance. As part of the Navy's Mid-Atlantic installation claimant consolidation, Cheatham Annex, formerly an annex of the Fleet Industrial Supply Center, Norfolk, was incorporated with the station Oct. 1, 1998.

As WPNSTA Yorktown approaches its 100th anniversary in 2018, the installation not only does the job for which it was originally intended but has continuously evolved over the past 96 years. The history of the installation is not only part Navy heritage, but also part of the nation's history from its founding here in Virginia.

The station and tenant commands work together as a team to provide ordnance logistics, technical, supply and related services to the Atlantic Fleet. Today the station is a hub of activity. As one of the Navy's "explosive corridors" to the sea, supply, amphibious and combatant ships may be seen arriving and departing the station's two piers.



Navy Gold Star Program Kicks Off October 1

By Mike Bruner, CNIC Fleet and Family Readiness



A comprehensive Navy Survivor assistance program designed for families of service members who die while on active duty called the Navy Gold Star (NGS) program will kick off Oct.1. This program provides a level of long term assistance and support not previously available. The mission of the Navy Gold Star Program is to deliver Survivor assistance programs and services through a holistic approach. In an effort to fulfill its mission NGS will have 18 dedicated coordinators in CONUS and Hawaii. They will function as long-term support personnel for the program. Coordinators will assist Survivors and provide the support needed to ensure that they know they are not forgotten and can remain a part of the Navy family for as long as they desire. Coordinators will be available to help Survivors build resiliency and will support them as they continue through their grief journey and work to establish a new normal.

NGS Coordinators will help connect Survivors to support groups and grief counselors, provide life skills education, help with benefits and milestone management, and are a resource for information and referral services from both government and non-government organizations. Services may include chaplain care, school liaison assistance and family employment. Most importantly, NGS coordinators will provide Survivors with safe and compassionate support through a very difficult time.

In addition to coordinators, the NGS program will connect Survivors with personal financial counselors that can provide education on budgeting, investing, estate planning and tax issues. The financial counselors provided are committed to assisting

Survivors create a solid foundation for financial success.

Individuals eligible to receive support through NGS include the widow/widower, parents, and the next of kin of deceased service members. The term “parents” includes the mother, father, stepmother, stepfather, and mother through adoption, father through adoption, and foster parents who stood in loco parentis of the service member. “Next of kin” is defined as children, brothers, sisters, half-brothers, and half-sisters. “Children” includes stepchildren and children through adoption.

The Navy Gold Star Program will strive to ensure that all Gold Star Family Members receive the assistance and support they need and that the Navy’s promise of lasting support is fulfilled.

To locate a NGS coordinator closest to you, please visit www.navygoldstar.com or call 1-800-509-8759 for more information or assistance. You can also visit www.facebook.com/NavyGoldStar.